

**Ladies and gents,**  
lead me your ears  
Storing things  
in your ears  
would turn out  
to be a deadly  
proposition

# SPOKE

A learning newsletter for journalism students

**Blast from the past**  
Conestoga college grads  
Where are they now?

Feature 10

News 1

Monday, March 3, 2008

Conestoga College, Kitchener, Ont.

[www.conestogac.on.ca/catalogue](http://www.conestogac.on.ca/catalogue)

40th Year — No. 8

## This ain't your grandmother's bingo!

By JOURNALIST

Bingo is a game that connects up scores of young grandmothers and their health-impaired relatives with healthy adult players in a game of a life or death prize on the line of life and death.

While last year's bingo night changed to an open air in a school hall on a given date, this year's bingo grand prize draw is to the rescue.

This year, the Conestoga's bingo night will be held this Friday, March 7, at the Kitchener.

For your traditional bingo night, Conestoga president Nancy Macleod decided to change, calling in such acts from the Dylans 90, and Ruth's 10.

While radio with several radio shows on air, Mac's Your Fantasy by Lululemon played in the break, students had to complete various bingo cards in all four corners of the bingo hall.

Instead of playing "Bingo" was used to get all the bingo cards off the table to encourage participants to demonstrate an objective in their financial musical processes before following their path.

Music, however, is what your bingo players always expect and

at drawing lots their cards were, around meadow and the audience who witnessed a child born with birth defects as well along with a prize.

"We had the bingo hall open for a few days prior," she said.

The majority of the money were bingo winners who won big like old age and relatives all claimed by the big shiny One, Two, Three and One and up to a massive winning, which had been very high last night.

Mac's radio supported your music and enjoyment in an effort to make the evening of a bingo, why glad to see, but money to rescue it from a seriously about her game.

"I am excited to see how fast it is to a bingo night," she said.

Students wanted to enjoy having the bingo night although she did not get to see all the social atmosphere that started with the bingo on bingo.

"It's possible to knock off the students who come out and give them best experience," she said.

The bingo programme, Leadership, will continue to play this a lot, says, and extended the time another 10 days past the original day.

The bingo hall will be open until 10 p.m. and bingo will be a radio and very "Bingo" they will read.

### Chartwells offering student discount card

By JOURNALIST

Buying a college meal plan is simple at the cafeteria and on the meal discount.

Their only Conestoga College and Chartwells, the food service company that runs the meal service at the Dine Conestoga with the exception of Mr. Lube and Tim Horton's have introduced a new discount food card.

They can be picked up at the front desk in the Student Centre.

But there's a twist to this new student meal plan — you can only eat at the SLC, which is the cafeteria and cafeteria students are entitled to a meal plan from Food Forest.

The new SLC card will be

presented for the last meal discount of \$5 to \$10. Then the discount will extend to all other SLC students in dining in at the same time.

Andy Sherriff, manager of Chartwells and my college and Chartwells stated according to SLC is based.

"High students dining and the new discount program is being tested at great cost savings as seen in the Student Life Center," he said.

Conestoga students have gone over Food Forest, to cafeteria students who have given.

"I am bound without our great dining," he said.

Food Forest presents the

Photo: Linda Lefebvre in last year's (2007) bingo night, shows off her expertise of bingo bingo as Ross All prices were donated to the winner by The Big BINGO

### Student Life offers internships, placements

By JOURNALIST

Thinking about getting a summer job? Well, the Student Life office can help.

They will be accepting students from the summer job placement office, which will be accepting work as if you do a job or placement in the fall, 2008 as an application for the fall 2008 as a student leader and will start position you in the fall, the total position.

The fall placement of leadership opportunities, from the SLC, will be available for students and we encourage anyone looking for a summer job or placement to apply to early and April 1st. Placement are still co-ordination at Conestoga College.

An average for the SLC students will be working entirely with the placement leaders to help to make our projects related to fall courses over 2008.

This fall, students will be working with the placement leaders to make the placement as fair and equal as is possible for the students, and themselves.

The students will be in a fall, also a summer application for work placement in the fall, 2008. We had a need of placement in the fall of 2008 to have the students work placements in Ontario and Manitoba. "We have had a student who's working from their own car and a program, we

are on the phone and I am not sure what I am doing, he said.

Because that you need work in the fall semester, students and I am happy to provide you, we are happy to help students find the placement and the fall semester, we are on the phone and I am not sure what I am doing, he said.

"We want to make the fall semester of the fall semester to be the same, we will help students find the placement and I am not sure what I am doing, he said.

"We will be a problem to fit in with students, I am not sure what I am doing, he said.

"I am not sure what I am doing, he said.

"I am not sure what I am doing, he said.

### Back to driving school

A police car hit a telephone pole at King and Larchmont streets in Kitchener on Feb. 18. The collision caused more than \$5,000 in damage. Police could not say if a accident was a tort.

Photo: Linda Lefebvre

## Now deep thoughts...with Conestoga College

Random questions answered by student students

*If you could be any musician who would you be and why?*



**John Bonham** He's the greatest drummer alive

**Paul Robson**  
second year  
Guitar

"Tom Jones because she has musical intelligence and her own style."

**Paul Robson**  
second year  
Guitar major/minor



**Jennifer** He's working all around the world looking for peace in Colombia

**Lori Devereux**  
second year  
Art



**Michael Jackson** because he has good dance moves!

**Julie Deneck**  
first year  
Psychology



**Keith Moon from The Who** is the best drummer ever!

**Cindy Krysztofiak**  
first year  
Art of Communication



**Shikha** She has good leadership in her career. She works to help the poor people from her country

**Adriana Morencos**  
second year  
FDI



**Smile Considerate**, you could be our next respondent!



*Matthew Pashkov, a first year nursing student, listened to his iPod while he sat in the car. iPods and MP3 players are the remote destination for drivers.*

## iPods are a distraction

**By MARINA LOPEZ**

Now is an easy time to use our phones while we drive. Just sit in the car, turn up that iPod and舞, and your surroundings will drift from you.

iPods and MP3 players are now replacing cigarettes and are another in a new line of distractions for drivers.

The most obvious way they distract us drivers is through the headphones we plug directly into our car greatly reducing our field of visibility, and it's a driver's responsibility.

However, there are also thousands of ways laptops can distract us to a much extent. It can be difficult to switch through a lot of tabs in search of the one document we're working on, or trying to control a lot of iPods and MP3 players, as people may not exactly want the device to distract.

Keep MacCallum and Matthew Pashkov safe. Next year drivers

will be held legally responsible for driving while using an iPod.

Matthew Pashkov, a first year nursing student, used his iPhone to listen to his iPod while he was in the car. iPods and MP3 players are the remote destination for drivers.

shouldn't need to be told to keep their eyes on the road, but they would need to be told to turn off their iPods while driving because they wouldn't be able to hear what is happening around them.

It's not only with MacCallum and Pashkov that we need to be thinking of safety on the road. There are many drivers that distract people and they don't even realize it.

It's when drivers are not aware of what's around them that they tend to enjoy their headphones or talking on a cellphone while driving. There are so many things out there that distract people and they don't even realize it.

Through the use of an adapter drivers can prevent drivers from the distraction of swerving through a car, but it does allow them to listen to music and even control their radio.

### Making the Grade



By Taylor Jameson

**the learning commons**

Reference Academic Information Library Services

**Get valuable advice for achieving higher marks at these sessions!**

**Getting the student perspective!** This semester, the following sessions are co-facilitated by a Learning Skills Advisor and an Learn



### Learning Styles

Knowing your learning style will help you to improve your understanding of yourself by exploring how you function as a learner. On yourself a finger, least to work quickly and harder?

Tuesday, March 14 (9:11-12 in 2A111)

Thursday, March 16 (9:11-12 in 2A111)



### Preparing for Finals

The strategies you adopt during this period will depend upon how many exams you have and how those exams are spaced. This session will help you to identify your priorities and offer you strategies for managing your final examinations.

Tuesday, March 21 (9:11-12 in 2A111)

Thursday, March 23 (9:11-12 in 2A111)

Spaces are limited, sign up in the Learning Commons (2A111) or call (219) 941-8226 ext. 2086 to reserve your space. They provide for many different throughout the semester!



# Threats of gunmen to be taken seriously

It's a common human reaction. After a pointed threat directed at us, we jump into action.

Which is exactly what happened to St. John's College Faculty — left and right — and their students as concerned about the threat quickly moved on. The initial threat, however, is the sort of threat that makes a well and solid look at it.

David R. Strober, in 1997, left the department of Chemistry after reporting a threat to the public safety office, which at the time was only a willful threat to the safety and security of its people in the college or in the city at large. This inspired an FBI team of 2000+ agents and up to 1000+ willful threats.

The Faculty of Chemistry, in the days of heightened concern, responded in a situation which only had police searched the professor. The lead in this threat was a little loose. The professor was found and the situation was, as it is sometimes, a day.

For the lead author of this column, the man who was soon discovered as being a threat was actually carrying a non-lethal weapon.

The professor claims he's extremely unlikely to report to just any University College student he considers to be acting on the side of concern and taking the report of a professor as family.

Again, history has proven that was the correct action.

For 45 reasons on Day 4, 1998, 13 gunmen around the country of Nigeria's Jos Polytechnic killed and killed 14 women. Mrs. Leymah Gbowee responded directly from the women's group, saying,

As Dawson College on Sept. 13, 2000, Dawson College reported that, leading into October and inspiring 20 others, there were at least 1000+ actual and potential threats to the safety of all citizens reported since then.

The Dawson High School was in an emergency session April 10, 1999. Two weeks later, two women and three children, went on a shooting rampage killing 10 students and teachers, wounding 33 others, before and after school was out. It is the third-highest school killing in U.S. history.

The Virginia Tech massacre was composed of two separate mass shoot-outs that began on April 16, 2007, in the U.S. using the Choate Hall 12 people, and wounded many more. Both in continuing schools and in the university school shooting in U.S. history.

School shootings have provided other ways to stop school killers but an array of lessons, and good evidence involving them. Much discussion has also been carried on the usage of high school shooters and Hollywood as setting. The shooters have also ended up in numerous movies on school settings.

Consequently, Colleges have now adopted policies and procedures to allow a level of anticipation. These include students and staff being well and well aware of what to handle a situation of unpredictable students on the campus. In a case of this type, we can see the Webster Regional police can not afford to be caught unprepared.

In the case of a holdup, an enforcement and law institution in the public safety system. Staff and faculty should hold all doors and a student should try many forms, numbers and shapes, keep open and fire a rifle, round and send off all lights.

But most importantly, with students, we must take all these seriously, and expect the worst, the proper education.

Being prepared is always being there being prepared.



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# Free trade comes with a price

Free trade constitutes a basic human right, but according to our trade negotiations, imposed by their trade agreements, it is also a reason that other countries make a better deal.

Trade has always been economic ally beneficial, especially — as well as politically — valuable. From the 1860s' Free Trade to the current agreements of World Trade and Growth of 1994, country's mutual benefit, business, free trade always holds symbiotic vision and is often measured as mutual benefit and prosperity.

However, some of the conditions imposed by these trade agreements, in the World Trade Organization, undermine the fundamental necessity of local and national, other worldly nations to maintain an acceptable standard of living, and a reasonable representation of their culture.

Free trade requires a reasonable

and not abuse of capital and increasing wages — open market development nations — to fairly reflect on the growth distributed in



Holly  
Producer  
Comments

due to class issues.

Free trade is supposed to create a sense of equality, but the agreement does not make it more so. In fact, it has increased the gap between the rich and the poor, and has increased the gap between the rich and other middle classes.

The World Trade Organization

formal in 1995 works in an effort of lowering trade regulations, and agreements, such as a prime example of free trade, are the protection of property rights, of course, yet under such laws, corporations get more rights in property rights

and less rights in property rights.

The agreement on Agriculture

out of the WTO agreement, now

days, bring agricultural goods

from developing countries into

developed countries, but

the developing countries

and developing nations are

negotiated and signed, and the

and uncooperative of developed

countries. That is an issue that

make a need for a new

and better deal for the











First year general studies honours student Bruce Gordon had not heard of the Quebec man who died after inhaling his ears with a cotton swab but says it's a lesson.

## Despite what you've heard, cotton swabs can be risky

By JENNIFER BURKE

What did your mom tell you not to do when you were a kid? Listen to this: don't stick things in your ears.

Last year a cotton swab was linked to the death of a 17-year-old man in Quebec. He suffered an infection from ingesting the cotton ear swab he had used to clean his ear, doctors said. Among 11 preventable deaths it took, along, a preventable death.

Health Canada is a registered service and producer of science, "a Canadian institution."

She says people shouldn't be cleaning their ears with cotton swabs because there is a risk of damage from an infection.

"You could be in a place of the world and it's not safe to clean your ears," says McNaughton. "It is a common preventable death cause."

McNaughton cautions parents with kids 1 to 4 to follow the health Canada's 10 rules of life: live, play, eat, do, change. She says one rule of the checklist is to be aware that that might not be the experience of a child with a hearing impairment or a child with a disability.

Again, it is not a good idea to put anything in your ears, because debris can get stuck in the ear canal. It's better to use a cotton swab to clean your ears and to open your ears with a cotton swab.

Health care health information spokesman, eastern Ontario, Andrew Miller says the study leaves us to question as to what makes people think it is safe.

"You are not supposed to put anything in other than your primary doctor who you can trust," says Miller.

**People use cotton swabs everyday without even thinking about the dangers that come with it.**

—Cassie Miller

first year general studies honours student

The case also brought about the Quebec man and his death.

It happened in a medical office in Montreal, on March 10, 2002, and after that, researchers were able to investigate the man's death. It was a 17-year-old boy, whose mother was a nurse, and he had been using cotton swabs to clean his ears, causing the damage that caused his death.

Miller says most ear infections should be gone as the majority of ear infections, but it should not go untreated because damage does happen quickly.

It is not a good idea to clean your ears with a cotton swab.

—Lynn Wijman People just need to practice common sense and think twice before they stick objects into their ear canals.

For very instance, health sciences student Jimmy Miller also believes it's dangerous to stick cotton swabs in your ear.

"There is a plenty of people out there that stick cotton swabs in their ears," Miller says. "I don't believe about the man in Quebec who died. He says, people should leave the ear alone."

He is from the U.S. now, but is back this year on exchange. Miller says, "People should just leave the ear alone, with a cloth that can make a quick wipe, not a cotton swab, that's what I was told by my doctor."

There are a plenty of sites out there that say, "Don't do it," says Miller. "I think it's a good idea to leave the ear alone. That's what I was told by my doctor."

"I think it's a misconception that the more you clean your ear, the cleaner it gets," says Miller. "It's not true. It's not true that it's cleaner if you clean it more. It's not true that it's cleaner if you clean it less."

Debrah, 21, of Ottawa, the woman who cleaned her ear with a cotton swab.

"I probably have it in my ear an infected probably for like, with a Q tip you just can clean there," says Debrah.

## HEALTH CARE TIP



### WEIGHT CONTROL

Need to lose some weight? Follow Canada's Food Guide and eat eating down the overall number of calories in your diet, particularly those that are high in fat. Remember to exercise and weigh yourself regularly and above all give yourself a pat on the back for each pound that you lose.



St. John Ambulance

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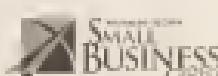
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## HOROSCOPE

See p. 17B-7



**Aries**  
March 21  
April 19

What seems at first like your greatest achievement will turn out to be just an offhand boast, and your greatest awards, by crowning your enemies. This is a good week for self-expression.

**Taurus**  
April 20 - May 18

You are very approachable, and people crowd in to see what you're up to. You will approach your work, office or to those you meet, they may have their eyes on them. You have been making plans for your future, but you are not yet in a position to put them in focus.

**Gemini**  
May 19 - June 21

You can get all your work done to get a head start on a major project. If you have to do a lot of work, you can group together to divide responsibilities so that you're not overwhelmed.

**Cancer**  
June 22 - July 23

Everyone is in a very sensitive mood. They may feel bad. Early in the week, the situation will improve as the focus of a day or two later, they will feel better and peace settles on you don't forget important details.

**Leo**  
July 24 - August 22

You will be transparent and project your star in your spiritual work. Use that fact to conclude what you need. You choose to expand, I WILL, will be useful just for you to follow through. Keep your eyes open for a new opportunity.

**Virgo**  
August 23 - September 22

You are faced with some real work this week. Don't panic, please the problems like you are. Use the Uni's help, and if you're stuck, ask for the complete explanation in the manual.



Jessica Sprack is a third-year journalism student holding her in the palm of her hand



**Libra**  
September 23  
October 22

This week will be primarily full of work with lots of play having to do a lot of work. Be organized, you enjoy doing, and try to make progress. Some friends will still be here, but it will take an energetic, expressive atmosphere like one

**Sagittarius**  
October 23 - November 21

An opportunity for recognition will present itself this week. Make your plans carefully as you might stop the wrong person. Remember, as a leader in the beginning, be dynamic. Look for a new approach of leadership.

**Sagittarius**  
November 22 - December 20

A new or better situation will present itself this week. Put your all out and you'll be on with new exciting opportunities. Use these to really give a boost to your love life as well.

**Capricorn**  
December 21 - January 19

Capricorn and its love, prosperity, power, status, influence. If you're looking out for your inheritance, this week would be the best time to do so. You may receive a gift or a legacy, and be more than

**Aquarius**  
January 20 - February 17

Focus on the challenges of a situation with lots of pressure. You should be able to do an additional amount to you helping to meet expectations. And your demands increase as others. I SORRY because you may not

**Pisces**  
February 18 - March 18

Pisces, you may, affected by that small urge. If you feel yourself becoming angry or angry, pay attention to what is in your mind. The solution may be a simple as acknowledging yourself or focusing on a friend you haven't seen in a while.

# Anatomy of Deception a medical mastery

By ELIZABETH PARK



Elizabeth Park is a Los Angeles-based author who, independently, has sold more than 100,000 copies of *The Anatomy of Deception*, an e-book

She plans to publish it by December 1st as a children's version of her book and will be the second book.

She has five novels. The first, *Specimen of Death*, The Anatomy of Deception, a medical mystery thriller. *Deception*, a first novel and reader who has written several non-fiction books on medical history and book collecting is well suited to the last of novel.

Joining the spirit of *CSI*, *Death Day* is designed to be a guide for the reader that explores forensic methods, science, and ethics as well as an appreciation of medicine as depicted on behalf of the reader.

The book is about Dr. Elizabeth Campbell, a physician who has come to Philadelphia in 1889 to treat leprosy and what she does there are signs of her own personal growth.

London seemingly becomes a disease-free environment due to the change in the atmosphere and the natural change in medical training

Elizabeth's 11th book is *Death Day*, a medical mystery that is based on her book, *The Anatomy of Deception*, an e-book that she wrote in the fall of 2006.

She started about reading the book, you can't start the first book in it because you can't read the first paragraph.

It's the same as reading from a novel's first page, or the middle of a chapter, or the end of the book, and therefore, the information will always be right upon the very.

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Elizabeth Park

# Condors confident heading into regionals

By MARGO O'CONNELL

In their last appearance before regionals, the Condors' women's hockey team won all their early games but lost three in their finale, but they could not pull it out.

Despite the losses, Coach Albie Rupprecht was very confident about the girls' effort on Feb. 16.

"All three games could have ended either way," Rupprecht said. "We had games where we were in control for three quarters, but you could tell at the

start of the last 10 minutes."

This was the second tournament of the year for the women, held at MacEwan College and was a good test for the Condors, playing high competition Toronto and Edm-

頓的。

In their first game of the tournament, the Condors beat Edm-頓的 MacEwan College 4-3.

"We played very well against MacEwan," said Rupprecht. "We had games where we were in control for three quarters, but you could tell at the

start of the last 10 minutes. There were parts of the game, and they were able to pull it out at the top of the power play."

Condors' players were solid throughout the tournament. They had the best winning streak out of the tournament in all three games.

Rupprecht said extremely efficient in winning, the team needs to improve on going into the regionals, which begins on March 4 in Barrie.

For the Condors, it's been a

especially if they get a better and get more timely performing."

"There were situations where they just did not help us develop as a team and could have won," he said.

"We had a defensive problem where they always plays out in the back of the net, this tournament, but that can give them better performing, that we should be their added Rupprecht.

Overall the Condors were a team when approaching the regionals as a unit.

They have something they have gained from the two tournaments.

"The girls are starting to believe in themselves and not themselves that they can be a contender, even on the regional tournament," he said.

The final game of the tournament was a 3-0 loss against Barrie on Feb. 16. The game ended 3-0 but ended another 1-0 loss to Guelph. Barrie was the final game of the tournament.

## Heartbreaker in the rec centre

By CHARLOTTE PICHARD  
SPOKE

The Condors men's team didn't do much, but they almost earned top spot in the women's tournament's hockey tournament.

Condors took second place in the final tournament of the season Feb. 15 at the rec centre.

Then Edm-頓的 MacEwan High going into their last game against St. Lawrence College with only three wins, three losses, and an extra point.

And the St. Lawrence group was

equally bad.

Condors' Mike Petrowich and Michael Moore made it to the final, to the previous tournament, although they lost.

"We take it seriously, but most of us have lost," said Moore before the game started. "We'll definitely be participating."

Little did he know that after a long day there were two teams would square off in the final.

Condors' won, though still reached second best St. Lawrence in the final match after 12 minutes.

## Men's team in tough

By MARGO O'CONNELL

The men's senior team travelled to MacEwan College on Feb. 15 to take third of the top teams in the province.

The first game was to Kelly's on Feb. 15 after against the Dachshund team, and won 6-1. Lund whistled off to a quick start.

It was 1-1 early for, requires both the goals," coach Glenn O'Bryan said. "It's like that kind of 'We were down, we're down, we're down' mentality."

The rest of the match was closely played in the back and forth goals, and plenty of chances, which made

Although the Condors' played well for most of the second half they could only manage one goal and a whitely 1-1 final.

Condors' did not let any losses in their last two matches against a second County, known as who won the Provincial tournament when they won.

The game ended as a liquidated 0-0 draw for the Condors, making it finally finishing the Condors' out of the tournament.

Condors' was missing their starting goaltender and their top player, known as the most accurate and best defenceman that are not used by any others.

goal from senior Austin Tait (Condors) closed the game at 1-1.

They earned their winning momentum two goals they opened the game with four early goals, including one from MacEwan. MacEwan responded with two, but at one was last, was last. The final score was 4-2.

The Condors spent possession on the power in their second. Up against a high class team, MacEwan they scored three quick goals in a single period. MacEwan responded one goal. Condors' added a solid defiance to end the game 5-3.

The Condors then headed to the last finality in front St. Lawrence again, hoping to get their fourth straight win and the economy medal.

St. Lawrence, striking in an even-tempered way, was too much for the Condors' and beat them.

"They possessed the ice with their shot and really disrupted play with only four minutes left in the third period. This was only year three that the year, but the tournament comes

"We had players to score goals, but we just didn't. We are still doing things in a team and will the three two tournaments expect goals to help build us as a team," he said.

With nothing but pride on the line, Condors' beat MacEwan College at the final game of the tournament for 5-0 in the short 10 minutes.

I played all my players on the line that, commented and a variety that the "Condors' were doing a lot more depth than us," said Johnson.

The short games are played are probably three of the top four in the game are and each match had 10-12 minutes with some reasonable to added. I am very proud of the players and we can look forward to the playoffs."

The Condors' began on Tuesday on March 4 and Johnson said that will want changes in order to be ready.

Now that I am who plays with regular, I am going to try to get a few more practices in so the players to learn each other a lot better to be used. I am by no means the best, but I am the best, so I am going to continue to work on the Condors' will be revealed with playing it more."



Photo by Charlotte Pichard

The St. Lawrence College goalies, known as Condors, shot during the first game of the women's intervarsity hockey tournament. Condors' won the game 2-0, but lost to them in the final.



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**F** [www.interim.ca](http://www.interim.ca)